



Serves: 4

Bianco Mangiare with Chocolate Orange Zest

Ingredients

- Peeled whole almonds 30g
- Low fat milk 200ml
- Brown sugar 60g
- Water to make almond milk 200g
- Gelatin, soaked in water 8g
- Orange zest, candied 1 tbsp
- Cocoa powder 2 tsp

Tips:

- Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of oil and seasonings used in cooking.
- Milk and dairy products provide calcium which is essential for healthy bone growth and development.
- Nuts are a rich source of unsaturated fat, especially omega-3 fatty acids, which benefit heart health.

Method

- Blend almonds with water for 4 minutes until a milk-like texture is obtained.
- Set aside in fridge for 1 hour and then drain and keep liquid.
- Bring reserved liquid to a boil and add milk, cocoa and sugar.
- Squeeze water out of gelatin and add to mixture.
- Add orange zest and pour mixture into 4 pudding molds.
- Keep in fridge for 3 hours until it sets. Serve.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 143kcal
Protein 5.4g
Total fat (g and % of total calories)
5g (29.9%)
Saturated fat 0.7g
Cholesterol 2mg
Carbohydrate 20.6g
Dietary Fibre 1.2g
Sodium 40mg